



6 Cosmic Cramp-Easing Practices

Red Diamond Sisters Logo

Hi!



We're Red Diamond Sisters!

At Red Diamond Sisters we do things differently. We don't see our periods just as a physical function, but as a magical and mystical part of our human experience. We see our periods as a way to discover ourselves, our gifts and our power!

In this booklet, you'll find 6 gems of information to help ease cramps during your period and help you feel better all month long.

So, when you're feeling moody, crampy, fatigued, or introverted, give these gems a try. Your body and spirit will feel lighter, stronger and more confident. You'll sparkle like a diamond every day of the month!



1 *Cramp-Coping Affirmations*

An affirmation is a positive statement that helps you focus on the good you want in your life. Speaking an affirmation out loud helps you overcome negative thoughts, and it boosts your inner-strength, confidence and physical well-being.

The following affirmations help you feel better about having a period and will help you feel stronger in every way. At school during your period, walk with pride period power as you say these affirmations in your mind. Look around – what other girls are walking in their period power? Share your affirmations with them, too.



1 *Cramp-Coping Affirmations*

- ✦ My period is my power!
- ✦ My body is the most miraculous creation in the universe!
- ✦ I have amazing gifts, abilities and skills that are growing stronger every day!
- ✦ My body is like the moon, natural and beautiful, waxing and waning, and influencing my dynamic energy and moods all month long!
- ✦ Red is the color of royalty, beauty, spirit and power!
- ✦ I'm proud of my body and my self!



2 Cramp-Easing Actions

You may have heard some of these old-school remedies, and they actually work!

Give them a try and you may be surprised at how much better you feel.



2 Cramp-Easing Actions

- ✦ Drink herb teas. Ginger, peppermint, chamomile, and cinnamon teas will help you feel better than soft drinks, which often make cramps feel worse. Replace your ginger ale with ginger tea!
- ✦ Snack on healthy foods and stay away from junk food. Cookies, chips and soft drinks have no nutritional value and can contribute to menstrual abnormalities. Healthy foods like nuts, seeds, yogurt, and veggies like broccoli, cauliflower and kale contain vitamins and minerals that relieve period pain. They support your health so that you feel good every day.
- ✦ Get physical! Engaging in healthy activities, like walking, dancing and sports, every day of the month can help reduce cramping during your period and help you feel strong and energetic always. 
- ✦ Rest and relax, especially during heavy cramping. Place a hot water bottle or heating pad on your abdomen. Taking a break from your stress can calm the muscles in your abdomen and uterus and can ease discomfort.

3

Time Out of Mind

While on your period, and especially if you feel cramps, take time out of your normal routine to rest and relax your mind.

Spending time alone, even if just for a short while, soothes the nerves in your body and eases over-stimulation and over-thinging. Relaxing allows your intuition and ideas to flow. You may receive thoughts or messages that will help you solve something that has been bothering you. Or you may receive a great idea that can help you in the future.

3 *Time Out of Mind*

- ★ Lie back on your bed or couch
- ★ Put down your screens for 15 minutes and turn off your phone. It's important to take time away from electronics, games, videos or other things.
- ★ Close your eyes, breath in and out deeply, and let your body to fully relax
- ★ Focus on your the inhalation and exhalation of your breath. Try to empty your mind of worries and duties. Let your thoughts drift.
- ★ Continue for at least 10 minutes. When finished, slowly open your eyes and continue resting or resume your normal activities.

4 *Grounding Visualization*

In many spiritual traditions, snakes are considered sacred and powerful. They represent feminine energy and earth energy.

This meditation will help you connect with your feminine energy and the earth's energy to feel calmer and less crampy.



4 *Grounding Visualization*

- ✦ Close your eyes, breath deeply and imagine you are lying on the ground. Or if you can, actually lie on the ground.
- ✦ Imagine the snake energy in your body is awakened and begins to stir.
- ✦ Envision your snake energy emerging from your body and slowly moving into the ground, traveling deep into the dark, quiet earth.
- ✦ Imagine your snake energy absorbing earth's solid calmness. Remain here for a moment.
- ✦ Now, imagine your snake energy moves back in your body, bringing with it earth's solid, calm energy.



5 *Journaling*

Journaling is simply writing down your thoughts and ideas into a notebook or sketchbook. Journaling is a great way to record meaningful events of the day, brainstorm ideas, work through challenges, let your creativity flow, and empty your mind onto paper. Many people find journaling to be therapeutic, because it allows your thoughts to be free.

Try journaling during your cramp downtime. It may help distract you from discomfort and may reveal brilliant ideas inside of you.

5 *Journaling*

- ✦ Get your journal, notebook or clean paper. Also a pen, color markers or crayons.
- ✦ Be still for a moment and let your mind relax and remain empty.
- ✦ Then, allow your thoughts to flow into your mind without forcing them.
- ✦ Now, write your thoughts in your journal. Or draw picture of what you're seeing or feeling.
- ✦ Journaling your thoughts and feelings may help you understand something that has been confusing you or concerning you. You may feel lighter and more in control of your body and mood.



6

Talk it out

Sharing your feelings about your period with a compassionate friend, teacher, parent or sibling will help alleviate your discomfort. Friends who also have periods can lift your mood and help you realize you aren't alone. Share tips, stories and even laughter.

Friends help make life more enjoyable during your period and every day.



6

Talk it out



- ✦ Call or meet with someone you know. In-person conversations are best. Ask if they would be willing to listen to you.
- ✦ Share your thoughts, feelings and concerns.
- ✦ Allow the conversation to flow to other topics.
- ✦ Give your friend ample time to talk, too. Their insights may prove to be valuable, and you may find out that you're being a supportive friend, too.
- ✦ When you feel complete, thank your friend for their support and offer to listen to them when they need it, too.
- ✦ Over time, during the month, grow your circle of friends by striking up conversations. Join group activities to meet new people. You will be pleased to discover that many people will be interested in becoming friends and helping each other.





You are Powerful!

Always remember that your body is a miracle and your period is a symbol of your power.

Red Diamond Sisters is here to help you feel better about your periods and to help shift the world's view toward menstruation so we all see it as the miraculous and magical gift that it is.

Learn more about this amazing time of your life and the secrets to your Period Power with the book **Red Diamond Sisters Club**. This fun story takes you on an adventure that is sure to convince you that your period is a positive thing! Order your book here!

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